

30-Day Gratitude Challenge

A daily prompt for 30 days to help build a lasting gratitude habit.

Started on _____

One prompt a day. Check the box, jot a word or two.

DAY 1 ☐ A person _____	DAY 2 ☐ A sound _____	DAY 3 ☐ A place _____	DAY 4 ☐ A skill you have _____	DAY 5 ☐ Something in nature _____
DAY 6 ☐ A memory _____	DAY 7 ☐ A small comfort _____	DAY 8 ☐ Someone who taught you something _____	DAY 9 ☐ A book, song or show _____	DAY 10 ☐ Your body _____
DAY 11 ☐ A challenge that made you stronger _____	DAY 12 ☐ A tradition _____	DAY 13 ☐ Technology that helps you _____	DAY 14 ☐ A stranger's kindness _____	DAY 15 ☐ Your home _____
DAY 16 ☐ A meal _____	DAY 17 ☐ Free time _____	DAY 18 ☐ A friend _____	DAY 19 ☐ Something you learned _____	DAY 20 ☐ A season or weather moment _____
DAY 21 ☐ Your health _____	DAY 22 ☐ A tool you use daily _____	DAY 23 ☐ Laughter _____	DAY 24 ☐ Progress you've made _____	DAY 25 ☐ A mistake that taught you _____
DAY 26 ☐ Your community _____	DAY 27 ☐ Rest _____	DAY 28 ☐ An opportunity _____	DAY 29 ☐ Yourself _____	DAY 30 ☐ This practice _____